

September Menu 2023

| Meatless Monday | | Taco Tuesday | | Wacky Wednesday | | California Thursday | | Friday Favorites | |
|--|--|---|--|---|--|--|--|---|--|
| <div style="border: 1px solid black; padding: 5px;"> Meals are FREE for all EUSD Students Adults & Visitors: \$5.00 for Lunch, \$3.00 for Breakfast </div> | | | | | | Contains Pork: Gluten Free: Scratch-made: Vegetarian: | | 1 Grass Fed Beef Hotdog Mozzarella Breadsticks & Marinara Yogurt & Granola Chocolate Brownie | |
| 4 | | 5 | | 6 | | 7 | | 8 | |
| Labor Day Holiday | | Baja Fish Taco with Tortilla Chips Chicken Tenders Boar's Head Hummus & Pretzels , Granola Bar & String Cheese | | Grilled Cheese Sandwich Orange Chicken with Brown Rice Yogurt & Granola Fortune Cookie | | Mighty Chicken Meatball Pasta with EUSD Marinara EUSD Cheese Pizza EUSD BBQ Chicken Pizza Benefit Bar & String Cheese | | Grass Fed Beef Hamburger Grass Fed Beef Cheeseburger Homemade Macaroni & Cheese Yogurt & Granola Chocolate Chip Cookie | |
| 11 | | 12 | | 13 | | 14 | | 15 | |
| Pasta with Butter Parmesan Sauce & Garlic Bread EUSD Cheese Pizza EUSD Margarita Pizza Yogurt & Granola | | Bean & Cheese Pupusa with Tortilla Chips Crispy Chicken Sandwich Boar's Head Hummus & Pretzels , Granola Bar & String Cheese | | Cheese Quesadilla Chicken & Waffles Yogurt & Granola | | Mary's Organic BBQ Chicken Drumstick & Oven Baked Crinkle Fries EUSD Cheese Pizza EUSD Pepperoni Pizza Benefit Bar & String Cheese | | Brunch for Lunch (French Toast) Soft Pretzels with Cheese Dipping Sauce Yogurt & Granola All Fruit Popsicle | |
| 18 | | 19 | | 20 | | 21 | | 22 | |
| Cheese Tortellini with EUSD Marinara and Garlic Bread EUSD Cheese Pizza EUSD Pineapple Pizza Yogurt & Granola | | Bean & Cheese Burrito Chicken Tenders Boar's Head Hummus & Pretzels , Granola Bar & String Cheese | | Grilled Cheese Sandwich Orange Chicken with Brown Rice Yogurt & Granola Fortune Cookie | | Fiesta Nachos with Grass Fed Organic Beef EUSD Cheese Pizza EUSD BBQ Chicken Pizza Benefit Bar & String Cheese | | Grass Fed Beef Hotdog Homemade Macaroni & Cheese Yogurt & Granola Chocolate Brownie | |
| 25 | | 26 | | 27 | | 28 | | 29 | |
| EUSD Spaghetti with Marinara & Garlic Bread EUSD Cheese Pizza EUSD Margarita Pizza Yogurt & Granola All Fruit Popsicle | | Mary's Organic Chicken Soft Taco Grass Fed Beef Hamburger Impossible Burger (plant-based patty) Boar's Head Hummus & Pretzels , Granola Bar & String Cheese | | Cheese Quesadilla Chicken & Waffles Yogurt & Granola | | Turkey & Cheese Deli Sandwich EUSD Cheese Pizza EUSD Pepperoni Pizza Benefit Bar & String Cheese | | Breaded Chicken Drumstick with Potato Wedges & Hawaiian Roll Mozzarella Breadsticks & Marinara Yogurt & Granola Chocolate Chip Cookie | |

School Meal Information

To view school menus, nutrition facts, and meal program information, visit our EUSD Child Nutrition Services website for more details (<https://www.eusd.net/departments/child-nutrition-services>), or download our Mobile Menu App at www.schoolcafe.com.

Lunch includes: 1 entrée, unlimited salad bar (full of local/organic fruits & veggies), locally sourced milk, and any side items. To receive lunch, students will either scan their lunch card or enter their four-digit pin number when they go through the lunch line (both provided at the beginning of the SY). If you have any questions or concerns, please email Lea Bonelli, Director of Child Nutrition Services: lea.bonelli@eusd.net.

Food Allergies: A variety of Gluten Free (GF) and vegetarian entrees are offered throughout the week. Some GF entrées are GF without the bread/bun/tortilla/etc. Corn tortillas available upon request. We serve GF items, but our kitchens are not GF facilities. We do not serve any entrées that contain peanuts or tree nuts; we also avoid sourcing food that is processed in facilities that also process nuts. However, we are not considered a certified nut free facility.

**Menus are subject to change without notice **

This institution is an equal opportunity provider

Breakfast Menu

Breakfast is served daily before school. Breakfast includes a choice of entrée, fruit, yogurt, milk, and string cheese.

- Monday: Banana Bread
Assorted Cereal
- Tuesday: Mini Belgian Waffles
Assorted Cereal
- Wednesday: Homemade Blueberry Muffin
Oatmeal Benefit Bar
- Thursday: Mini Pancakes
Assorted Cereal
- Friday: French Toast Minis
Banana Chocolate Chip Scone

Daily Salad Bar:

Fresh, Seasonal, California-Grown!
Unlimited Daily Salad bars are part of every school lunch, featuring EUSD Farm Lab Grown organic lettuce and seasonal veggies!

- Mondays: California Grown Plums
 - Tuesdays: Super Sliced Apples & Radishes
 - Wednesdays: Petite Bananas & Sliced Farm Lab Cucumbers
 - Thursdays: Mango Chunks & Jicama
 - Fridays: Locally Grown Valencia Orange Slices
- Various dressings are offered daily including a option.